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Fall Schedule

Monday:

7-8:15 intro to ashtanga, 1 & 2
 9-10:30 hot 90, 2
 12-1 power hour, 2
 4:30-5:30 vinyasa, 1
 5:30-7 hot 90, 2
 6-7:15 rock-shtanga, 2 & 3
 7:05-8:15 hot 70, 1 & 2
 7:15-8 philosophy study 1st
 & 3rd of every month

Tuesday:

7-8:30 hot 90, 2
 9-10:15 vinyasa, 2
 12-1 power hour, 2
 4:30-5:30 hot 60, 1
 5:30-6:45 vinyasa workshop, 2
 6-7:30 hot 90, 2
 7:05-8:15 candle light flow, 1

Wednesday:

7:15-8:30 kundalini, 1 & 2
 9-10 core intensive, 1 & 2
 10-11:45 1st series, ashtanga, 3
 12-1 power hour, 1
 12:15-1:15 hot 60, 1
 4:30-5:45 prana flow, 2
 5:30-7 hot 90, 2
 6-7:15 ski fitness yoga, \$10, 2

Thursday:

7-8:15 hot 75, 1 & 2
 9-10:15 vinyasa, 2
 10:30-11:30 yoga basics, 1
 12-1 power hour, 2
 5:30-7 jivamukti, 2
 6-7:30 hot 90, 2
 7:05-8:15 restorative flow, 1

Friday:

7:15-8:30 kundalini, 1 & 2
 8-9:30 intro to 2nd series, 2
 10-11:30 hot 90, 2

Inversion Yoga Newsletter

October, 2011



Dear Louise,

I enjoy Halloween because we wake up ready to discriminate what is as it appears to be from what is hidden in a costume or disguise. Every other day of the year, we are seldom presented with an opportunity to sense if our perception of the truth is tainted or wronged. **Avidya** literally means "incorrect comprehension." Avidya is the obstacle that remains the most hidden from our view; thus, it is easier to recognize when avidya is present by understanding its four branches. Both singly or together, the four branches of avidya (ignorance or non-seeing) cloud our perceptions. Comprehending and observing the branches of avidya allow us to remove the obstacles that prevent us from seeing situations, people and life in their true form.

1. **Asmita** is the ego. It pushes us to to be competitive, superior, and never good enough.
2. **Raga** is our attachments or passions and expresses itself in making demands. We want things we do not have or need because of our previous experience with pleasure or happiness. We are never fulfilled or content with what we have and constantly seek the things that once made us feel happy.
3. **Dvesha** is aversions or anger, when we avoid or reject people, thoughts and settings because we have a bad memory of an experience and are afraid they will bring us pain again. It also causes us to reject that which we are not familiar with.
4. **Abhinivesha** is fear, when we have doubts, feel judged, and when we are in a state of uncertainty. We fear death and cling to life.

When problems arise in our lives, we can assume that avidya was active in their making. When we see something correctly there is a profound peace inside us. Tension and agitation fade and our understanding of ourselves and the world becomes clear. When we learn to see avidya when it arises, we can begin to lesson its presence. Freed from avidya, the external body reveals the quietness and calmness residing within. This October begin to observe how the branches of avidya are active in your life, and witness what

12-1 power hour, 2
4-5:15 hot 75, 1 & 2
6-7 happy power hour , 2

Saturday:

8-9:30 hot 90, 2
10-11:30 jivamukti, 2
4-5 hot 60, 1
5:30-6:45 happy power hour, 2

Sunday:

8-9:15 hot 75, 1 & 2
9-10:30 vinyasa, 2
4-5:30 hot 90, 2
5:30-6:45 prana flow, 1 & 2

happens as the cloud of avidya begins to clear.



Hot Yoga Workshop with Sarah

Sunday, October 16th. 9:30am-12:00 in West Room
Bring Water, Towel and Mat
Suggested donation \$20.
Will fill up, sign up at front desk!

Ski Fitness with Danielle

Wednesdays, October through December 15th. 6-7:15 pm in East Room
Bring Water, Towel and Mat
\$10 Drop In or \$40 for 6 Ski Fitness Classes (11 remaining to choose from)

Philosophy Group Monday Nights with Niki Sue

First and third Monday of every month
7:15-8 pm in East Room
Free / Donation

Clothing Swap

Saturday, October 15th. 6-9 pm in East Room
Raise money for local non-profit, bring washed garments and leave with new used clothes, Halloween costumes, shoes, hat, jewelry...!
\$10 donation for a bag

Djed Yoga Classes with Emily

Time and day TBA, end of October
Donation

Shantala

Friday, November 18th. 7-9 pm in East Room
Hosted by Akasha Yoga and Inversion!
\$15 Early Bird, \$20 at Door

Powderwhore Ski Film: Breaking Trail

Friday, December 2nd in East Room
Time TBA

Thank You!
Louise Sanseau
Inversion Yoga



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